



Recipes of the Week



Chicken Parmesan (8 servings)

Ingredients

- 8 boneless/skinless 4 to 6 oz chicken breasts (if you wish, you may flatten chicken to 1/4" thickness, pounding with mallet between two wax paper sheets and/or saran wrap. The Café does not flatten its Chicken Parmesan).
- 16 oz favorite spaghetti or marinara sauce (2 oz per breast)
- 1 C Shredded Mozzarella Cheese and 1/4 C Shredded parmesan cheese - combined
- Marinade Ingredients:
 - 1 C Milk and 1 T lemon juice
- Crumb mixture:
 - 8 oz Panko bread crumbs
 - Fresh chopped parsley
 - 1 T Paprika
 - 1 t black pepper ground

Method:

- Combine milk and lemon juice, whisk well for marinade
- Combine crumb mixture in separate bowl, mix well
- Combine chicken with marinade – turn breasts to coat evenly – cover and refrigerate 2 hours or overnight, turning twice during marinade time
- Preheat home oven to 400° F
- Drain chicken; discard marinade
- Dredge chicken in crumb mixture, coating well on all sides. Shake off excess
- Place chicken on parchment lined sheet pan. Spray chicken with cooking spray
- Bake until internal temp is 165° F, 18 to 20 minutes
- While chicken cooking, heat the spaghetti sauce. Top each finished breast with 2 oz heated spaghetti sauce
- Top sauced chicken with mixed cheese
- Put back in oven – bake until cheese is melted and/or bubbly, slightly brown
- Serve with favorite cooked pasta and enjoy!

